

June 2021

Ashburn Times

Ashburn Senior Center Newsletter

Ashburn Senior Center
20880 Marblehead Dr.
Ashburn, VA 20147
571-367-8340

<https://www.loudoun.gov/seniors-Ashburn>

Part of the Area Agency on
Aging, a Division of

Manager:
Ceola Grant

Assistant Manager:
Aristotle Porras

Café Supervisor:
Melissa Flores

Recreation Programmer:
Michele Ferris

Customer Service Assistant:
Tatiana Holmes

Vehicle Operators:

Center Hours:
Monday – Friday
9:00 am to 5:00 pm



Thursday, June 17th

10:30 am-3:00 pm

Join us for our open house to learn more about our program offerings, lunch service sign-ups, pickleball sign-ups, billiards and so much more. Also, you will have an opportunity to learn more about our other Loudoun County 55+ senior centers.

Open to the Public

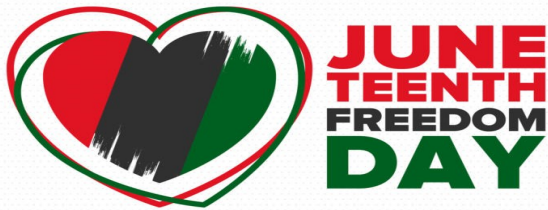
Monday, June 21st, 2021

We are eager to provide quality programming here at the Ashburn Senior Center. Please help us by completing the activities interest and hours surveys available at the front.



Upcoming Holidays

Friday, June 18th – The Ashburn Senior Center will be **closed** for the Juneteenth holiday.



Monday, July 5th – The Ashburn Senior Center will be **closed** the day following the Independence Day holiday.



Seniors Volunteer

Would you like to be a Loudoun County volunteer? We welcome your expertise. We offer many different types of opportunities including planting, decorating, assisting with trails, distributing packets, setting up for events and more. You can volunteer for one or more days per week. Perhaps you can teach a class about

2021 Memberships

Find the membership form at www.loudoun.gov/seniors-Ashburn or stop in at the center to complete your membership form and make your payment.

\$32 for Loudoun County residents/
\$48 for non-residents.

We're excited that our members will now get 5 senior centers for the price of 1 membership! Join one senior center and have access to any of the five!

Something you are passionate about.
Check out the links below or ask center staff.

Loudoun Cares
www.loudouncares.org

VolunteerMatch
www.volunteermatch.org

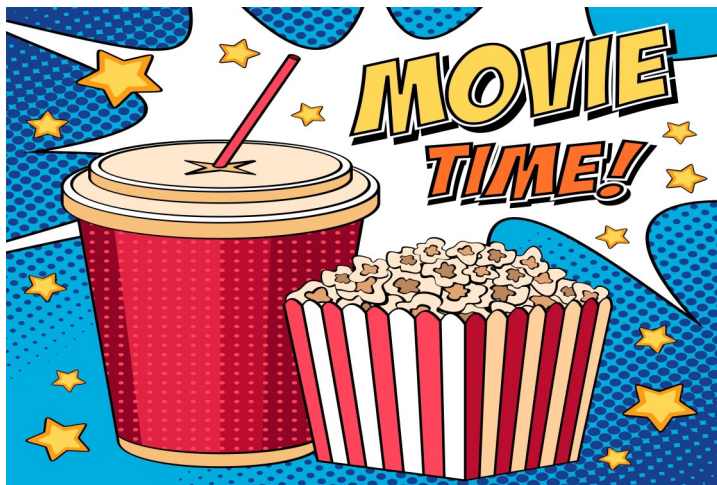
AARP www.createthegood.org



June 2021 Calendar

Monday, June 21st	Tuesday, June 22nd	Wednesday, June 23rd	Thursday, June 24th	Friday, June 25th
Current Events w/ coffee @ 10:00 AM	Music in Motion @ 10:00 AM	Meet & Greet: Ceola Grant @ 10:00 AM	Walking Club @ 10AM	Friday Wrap up @ 10:30 AM
Card & Board Games @ 11:00AM	Cranium Crunches @ 10:30 AM	Virtual Yoga @ 10:30AM	Trivia Challenge @ 10:30 AM	Bridge Interest Meeting @ 11:00AM
Lunch (Dining Room) @ 12 PM	Book Club Interest Meeting @ 11:00AM	Knitting & Crocheting Club Interest Meeting @ 11:00AM	Gardening Interest Meeting @ 11:00AM	Lunch (Dining Room) @ 12 PM
Virtual Yoga @ 1:00PM	Lunch (Dining Room) @ 12 PM	Lunch (Dining Room) @ 12 PM	Lunch (Dining Room) @ 12 PM	Stretch, Core & Balance @ 1:00 PM
Pickleball 1-3PM Court #2	Get to Know You Ice-breakers @ 1pm	Pickleball 1-3PM Court #2	Afternoon Tea 2:00 PM	Ice Cream Social @ 2:00PM
Monday, June 28th	Tuesday, June 29th	Wednesday, June 30th	Thursday, July 1st	Friday, July 2nd
Current Events w/ coffee @ 10:00 AM	Music in Motion @ 10:00AM	Meet & Greet: Melissa Flores @ 10:00 AM	Walking Club @ 10AM	Friday Wrap Up @ 10:30 AM
Card & Board Games @ 11:00 AM	Cranium Crunches @ 10:30 AM	Virtual Yoga @ 10:30AM	Get to Know You Icebreakers @ 10:30	Lunch (Dining Room) @ 12 PM
Lunch (Dining Room) @ 12 PM	Book Club @ 11:00AM	Group Crossword @ 11:00AM	Lunch (Dining Room) @ 12 PM	Stretch, Core & Balance @ 1:00 PM
Virtual Yoga @ 1:00PM	Lunch (Dining Room) @ 12 PM	Lunch (Dining Room) @ 12 PM	Afternoon Tea @ 2:00 PM	Ice Cream Float Social @ 2:00 PM
Pickleball 1-3PM Court #2	Lunch & Learn w/Dr. Coe @ 1:30PM	Pickleball 1-3PM Court #2		

Matinee Movie



Starting in July the Ashburn Senior Center will be offering free matinee movies on Wednesdays at 1:00 p.m. Come and enjoy some screen time, free popcorn and drinks on us! Ask Center staff what's playing!

Loudoun County Area Agency on Aging Presents Coffee Chat with Lori

If you are a caregiver for a loved one or if you are an older adult (60+) in need of support during this difficult time, connect virtually (FaceTime or by phone) over coffee with Lori.

To connect with Area Agency programs and services, and other community resources, please call 703.777.0257 to speak with an Aging Program Specialist.

Meet and Greet

Come in and meet a new staff member the next couple of weeks.

Wednesday, June 23rd
Ceola Grant, Center Manager

Wednesday, June 30th
Melissa Flores, Café Supervisor



To sign-up, send an email to aaasupport@loudoun.gov or call 571.233.2583.

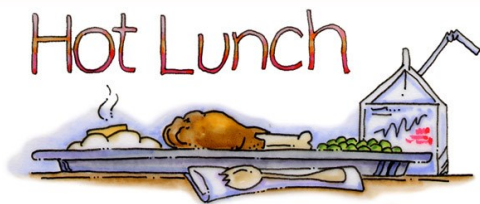


Ashburn Senior Center Meal Service

Dine in meal service begins
Monday, June 21, 2021.

Please call 24 hours in advance
for bus and lunch reservations.

571.367.8340



How Much Should I Donate for My Lunch?

Under 60 years old must pay **\$4.00** for their lunch.

Persons 60 years and older, we encourage you to make a donation in the lunchbox on the counter.

Below are some guidelines as to what is appropriate to pay.

Monthly Income----Suggested Donation

\$0.00 - \$250-----\$.50 Cents/Meal

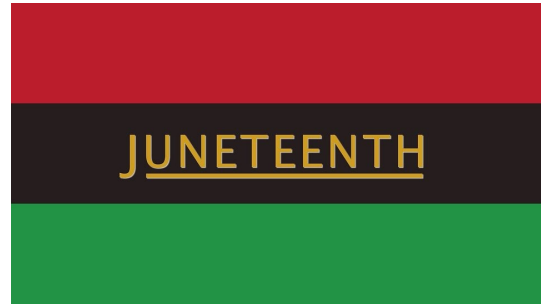
\$251 - \$400-----\$1.00 Dollar/Meal

\$401 - \$600-----\$1.50 Dollar/Meal

\$601 - \$800-----\$2.00 Dollar/Meal

\$801 - \$1,000-----\$3.00 Dollar/Meal

\$1,000 And Above---\$4.00 Dollar/Meal



Juneteenth is the oldest nationally celebrated commemoration of the ending of slavery in the United States. It is often called Emancipation Day or Juneteenth Independence Day.

In 1863, President Abraham Lincoln issued the Emancipation Proclamation which declared over 3 million slaves living in Confederate states to be free. However, it took more than two years for African Americans living in Texas to hear the news. On June 19, 1865, Union soldiers rode into Galveston, Texas to announce that the Civil War had ended and slaves had been freed. The former slaves celebrated with prayer, feasting, song and dance. The next year on June 19th the first official Juneteenth celebrations took place in Texas. Within a few years African Americans in other states were celebrating the day as well making it an annual tradition. Celebrations typically include prayer and religious services, speeches, educational events, family gatherings and festivals. In 1980 Juneteenth became a state holiday in Texas with other states following suit. On June 15, 2021 Juneteenth became a federal holiday.

JUNETEENTH

At CLAUDE MOORE PARK

21544 Old Vestals Gap Rd, Sterling, VA

JUNE 19, 2021 | 12:00 Noon - 7:00 PM EST

THEME: PROSPERITY THROUGH JUNETEENTH

LOUDOUN'S 1ST CELEBRATION!



Flag Raising by the Buffalo Soldiers

Speeches

Poetry: Michael Crabbe

Gospel: Rev. Isaac Howard & Howard Harmonizers

Blues: Johnny Rawls

Jazz & Funk: Funkativity Band

Food vendors: Fish, BBQ, Soul Food & Much More!

Activities: Fishing - Card Games - Kid's Games - Juneteenth Classes

Free entry and free parking.

Bring your own blanket/chair. Mask wearing optional outside.

Note

11:00 AM - Juneteenth Caravan from Belmont Country Club to Claude Moore

To volunteer or for more information:

email: info@juneteenthloudoun.org or call 571-207-5528.

www.juneteenthloudoun.org

Sponsored by the Loudoun County Juneteenth Committee

Design by Corey Hampton

SUMMER SENIOR COOLING PROGRAM



Fans and limited summer cooling assistance is available for persons aged *60 years and older* who are *income eligible in Loudoun County*.

The Senior Cooling Program runs from
June 1 – September 30



Please call:
Loudoun County Area Agency on Aging

Phone: (703) 777-0257
Email: aaa@loudoun.gov



The Area Agency on Aging is a Division of Loudoun County Parks, Recreation and Community Services

REGISTER NOW! **WELCOME TO MEDICARE VIRTUAL FAIR**



JUNE 23, 2021 | OPEN FROM 3:00 PM TO 7:00 PM ET

Learn about signing up for Medicare! Go to www.shiphelp.org for more details, to see the agenda, and to register.

This fair is for people turning 65 or joining Medicare because of a disability. Learn about Medicare – and all its parts – to assist you in your initial enrollment decisions. There is no cost to attend. Join us online for any length of time!

Get trusted, unbiased Medicare education to help you make Medicare choices that best meet your needs.

There will be national expert presenters on Medicare eligibility, enrollment, and coverage options. Chat with exhibitors from your state health insurance assistance programs (SHIP) for answers to your individual questions.




SPONSORED BY:



www.shiphelp.org

 info@shiphelp.org

 877-839-2675

State Health Insurance Assistance Programs (SHIPs) are in all 50 states, Washington DC, Puerto Rico, and the U.S. Virgin Islands.

**The Virginia SHIP is called VICAP
Loudoun County VICAP Helpline
703-737-8036**